





























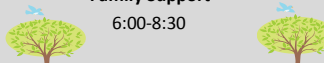



# San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~Spring 2014 Schedule ~ April 7th- June 27, 2014~

(415) 750-2226

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
9:00 - 9:45	<b>Optimal Wellness Living</b> 1  Gerard GA-39	9:00 - 9:45	<b>Vet to Vet</b>  Building 11	9:00 - 9:45	<b>Ending Self Stigma</b> 16 9-10:30  Jennifer/Jen GA-39	9:00-9:45	<b>Wellness Management</b> 22  Amy/Sara GA-39	9:00 - 9:45	<b>Anger Management</b> 29  Jackie/H'Sien GA-39	<b>Man in Society</b> 30  Matthew/Michael *register* GA41	<b>Community Mindfulness Photography</b> 31  *register* Richard/Mahyee G/Christine/GA-91			
	<b>Pathways to recovery</b> 2  Mary/Shilpa GA-39		<b>Recovering your Dreams</b> 3  Julia/ Jackie GA-41		<b>Supported Volunteering</b> 10  Matthew/Maisie/ Karen GA-39		<b>Orientation</b> 11  Room GA-41 <i>by appt</i>		<b>Wellness Music Box</b> 18  Dan/Jackie GA-41	<b>WRAP</b> 24  Jackie/Marilyn GA-39	<b>Hope,Transcendence and Recovery</b> 25  Karen/Townley *register* GA-41	<b>Reading for Recovery</b> 32  H'Sien/Michael GA-39	<b>Orientation</b> 33  GA-41 <i>by appt</i>	<b>Heart of Recovery</b> 33  Maisie/Maryam GA-91
10:00 - 10:45	<b>EndingSelfStigma SEMINAR 11-12</b> 4  Townley/Matthew *register* GA 39	11-11:45	<b>Women Create 11-12:15</b> 5  Maisie/Jill *register* GA-41	11:00 - 11:45	<b>Social Skills</b> 19  Maryam/Matthew GA- 39	11:00-11:45	<b>Mind over mood</b> 26  Marilyn/H'Sien GA-39	11:00 - 11:45	<b>Self in Context</b> 34  Michael/Julia *register*GA-39	<b>Coping with Voices</b> 35  Maryam /Jen GA-41				
	<b>Art Guild 12:15-1:00</b>  Richard/Jill/Christine/ GA-41						<b>Community Meeting 1st Wednesday of each month 11:00-11:45</b>							
12:30-2:00	<b>Veteran's Story Corps</b> 6  Jill /Dan /Richard GA-41	15	<b>Art of Life 1:15-3:15</b>  Jill/Christine/Richard GA 41		1:00 - 1:45	<b>Techniques in Role Recovery</b> 21  1-2:30 Jackie/Mathew GA- 41	1:00-1:45	<b>Supported Hobbying</b> 28  Gerard/Marilyn GA-41	1:1-1:45			<b>Peer Support Group</b> 36  Matthew/Rodney GA-41		
	<b>Seeking Sanctuary</b> 7  Jon Wright GA-39		<b>Family Support 6:00-8:30</b>  Beginning in April 8th 2014 *register*					<b>Individual Recovery Advising available everyday by appointment from 12:30-4:30PM</b>						
<div>Note: Activities listed in gray are hosted by the PRRC but may have other sponsors and/or be non-clinical</div>														



See course catalogue for course descriptions  
<http://www.sanfrancisco.va.gov/services/prrc.asp>